

# ***Pan Seared Pork Tenderloin Served with Smashed Yams and a Marsala-Mushroom Ragout***

**Original Recipe By Bill Idell**

Yield: 4 Servings

## **Ingredients:**

Fresh Garlic	1 head (about 14 cloves)
Extra Virgin Olive Oil	5 tbsp
Yams or Sweet Potatoes (peeled & cut into ¼ in. slices)	2-3 each
Kosher Salt	To Taste
Pepper	To Taste
Soy Milk (Plain)	½-¾ cup
Yellow Onion (sliced thin)	1 cup
Marsala Wine	½ cup
Button Mushrooms (washed & quartered)	2 cups (about ½ lb.)
Chicken Broth	¼ cup
Fresh Thyme (chopped fine)	2 tbsp
Bay Leaf	½ each
Butter	2 tsp
Pork Tenderloin (trimmed)	1 lb
Asparagus	1lb
Chives	1 bunch

## **Method of Preparation:**

- 1.) Preheat an oven to 375° F.
- 2.) Wedge a knife in between the cloves of garlic and gently remove the each clove from the head. Be sure to leave the outer skin intact on each clove.
- 3.) Place all but two large cloves in a small, narrow ovenproof pan. Toss the garlic with 2 tbsp of olive oil and 2 tbsp of water, season with salt and pepper.
- 4.) Cover the pan with foil and roast in the oven until it is light brown, tender and sweet (about 35 minutes).
- 5.) When the roasted garlic is done, strain and reserve the oil and allow the cloves to cool, then remove them from their skin.
- 6.) Slice the two remaining cloves of garlic that have not been roasted. In a small saucepan (about 1 quart), sauté the onions in 2 tbsp of olive oil until soft and translucent. Add the sliced garlic, 2 tbsp of thyme and bay leaf, sauté another 40 seconds. Add the Marsala and boil for about 30 seconds.
- 7.) Add the mushrooms and chicken broth to the pot, season with salt and pepper. Turn the heat down to a low simmer, place a tight fitting lid on the pot and cook for about 10 minutes or until the mushrooms have released most of their liquid. *(Important! Do not boil the mushrooms and make sure you have tight fitting lid!)*
- 8.) Remove the mushrooms from the heat and stir in the butter.
- 9.) Place the yams in a pot set up with a steamer insert and a tight fitting lid.

- 10.) Steam the yams until they are tender (about 15 minutes) and transfer to a medium-mixing bowl.
- 11.) Add the roasted garlic, soymilk and the reserved roasted garlic oil to the yams, season with salt and pepper. Mash the yam mixture with a potato masher.
- 12.) Cut the pork on into ¼ inch pieces on a sharp angle. Season with olive oil, the remaining thyme and salt and pepper.
- 13.) Sear the pork loin in a hot pan and cook it until it reaches at least a minimum internal temperature of 145° F.

To Serve:

Place a spoon of the smashed yams on a plate with 3-4 slice of pork, top with the mushroom ragout and a few pieces of steamed asparagus and chives.

Enjoy!